

GOVERNMENT ENGINEERING COLLEGE (PALANPUR (061)

JAGANA, PALANPUR - 385 011



NATIONAL SERVICE SCHEME [NSS]

A REPORTON

Celebration of International Yoga Day

By
NSS VOLUNTEERS

On 21st June 2019

MECH. WORKSHOP

"Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approachtohealthandwell-being. Yogaisnotaboutexercisebutto discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can helpus to deal with climatechange.

GEC, Palanpur celebrated 5th International Yoga Day in presence of Principal, Professors, Admin staff, Security Staff, NSS Volunteers and students of the college on 21st June 2019 in college premise. The celebration began with prayer as per AYUSH guideline. That was followed by performance of Standing position warm-up and Asanas like Tadasana, Vrukhshasana and Ardha-chakrasana, sitting position Asanas like Bhadrasana, Ardha Ustrtasana, Sankasanaand Vakrasana, Prone posture Bhujangasana, Salabhasana and Makrasana and Supine posture Setubandhasana, Pavanmuktasana and Savasana. After Asanas we did Pranayama and Meditation. It ended with Sankalpa and Shanti path.

After performing Yoga, fresh refreshment was served to all participants.

Photo Gallery

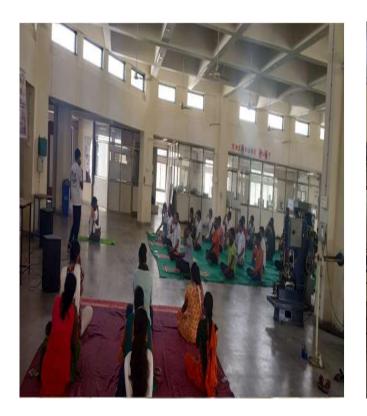








Celebration Of International Yoga Day (21/06/2019)







"NOT ME BUT YOU"

Celebration Of International Yoga Day (21/06/2019)